



Welcome to the 2015 Becoming An Outdoors-Woman Program in Delaware!

I am happy to announce this year's program will be held at Camp Barnes which parallels one of my favorite places, Assawoman Wildlife Area. Located three miles southwest of Bethany Beach, Camp Barnes is located on Miller's Creek, a tributary of Little Assawoman Bay. The property is owned by the Delaware Division of Fish and Wildlife, and operated by the Delaware State Police.

The bayside location abounds with wildlife. The loblolly pine forest combined with both fresh and salt water habitats stage excellent areas for fish, shellfish, bird and mammal species. You can wander or bike some of the designated trails, climb the onsite observation tower, or photograph wildlife in the blind located at Mulberry Landing.

The facilities are naturally rustic—the camping cabins do have electric, but there is no running water, heat or electric within. If you wish to pitch your tent for the weekend, we can accommodate that. We can allow some RVs as well, but you must supply your own electrical power.

I cherish many wonderful memories through participation in outdoor adventures at Camp Barnes and I hope that you...in Becoming An Outdoors-Woman...will too!

Dawn Cox
BOW Program Coordinator
dawn.cox@state.de.us



REGISTRATION PACKET

Delaware Becoming an Outdoors-Woman (BOW) Program " October 2-4, 2015

Only one person may register per form. Please photocopy for additional registrations.

Please complete all information:

Page 2 Registration Form

Page 3 Session Selection.

Page 7 Lodging Info.

Page 8 Health/Emergency Form

Page 9 Liability Form

Registration will not be confirmed until all forms are complete!



☐ I am a new Participant (check box)

Name: _____

Address: _____

City, State, Zip: _____

Telephone Number(s): _____

E-mail address: _____

The fee for this year's program is \$175.00 per person. Lodging, meals, and equipment are all inclusive.

This program fills quickly, so in all fairness to everyone wishing to participate, please understand that we will only accept and process registrations **by mail along with the full program fee**. Refunds will only be honored if you experience an emergency. If you are unable to attend after paying the registration fee, you may send someone in your place.

If you've attended the Delaware BOW program in the past, and plan to join us again this year, **DO NOT** choose coursing that you've already participated in. There will be no course switching prior to or during the program.

Thank you for honoring our policy!

Please return your completed application and \$175.00 registration fee to:

BOW—Division of Fish & Wildlife,

4876 Hay Point Landing Rd. Smyrna, DE 19977



Concurrent Sessions - Indicate your first (1), second (2), third (3), and fourth (4) choices for each session:

Saturday AM, October 3rd – Session II (8-11:30 am)

	Tree Identification
	Fly Fishing—An Introduction
	Birding 101
	Saltwater Fishing (you must purchase a fishing license)
	Archery
	Introduction to Shotgun
	Outdoor Photography Basics
	Fish Biology 101
	Crabbing

Saturday PM, October 3rd – Session II (1:30-5 pm)

Sunday AM, October 4th – Session III (8-11:30 am)

	Fly Fishing Expedition (you must purchase a fishing license)		Fire Making
	The Amazing Geocaching Race		Kayaking
	Introduction to Shotgun		Birding 101
	Are There Natives (Plants) in Your Backyard?		Surf-Fishing (you must purchase a fishing license)
	Traditional Archery		Waterfowl and Waterfowl Hunting
	When Nothing Goes Right		Whooo's Living in your Backyard?
	Assawoman Bay Boat Tour		Freshwater Fishing (you must purchase a fishing license)

The cost to participate in the 2015 BOW Workshop is \$175.00. This fee includes instruction in all sessions, program materials, use of demonstration equipment, all meals, and lodging.

Please make checks/money orders (NO CASH) payable to: Delaware Division of Fish and Wildlife - BOW.

Deadline for registration is September 1, 2014.

Please send the completed registration form (**Pages 2 & 3, and 7-9**) with payment** to:

Delaware Division of Fish and Wildlife - BOW
4876 Hay Point Landing Rd., Smyrna, DE 19977
Telephone: (302) 735-8689
Pearl Franklin – Registration Chair
FAX: (302) 653-3431

**** A FAX OR EMAIL WILL NOT HOLD YOUR PLACE IN THE COURSES YOU SELECT. REGISTRATIONS WILL BE PROCESSED WHEN THE WORKSHOP PAYMENT IS RECEIVED IN OUR OFFICE.**

(Return this page)

The address for Camp Barnes is: 37171 Camp Barnes Rd., Frankford, DE 19945.

Directions can be found at: <http://campbarnes.net>. Please do not contact the Camp Barnes regarding the BOW program or with any registration questions.

Workshop Schedule (please keep this page)

Friday, October 2, 2014

1:00 PM—4:00 PM	Registration and Free time (Explore the Camp on your own!)
5:30 PM	Welcome and Instructions (BOW Planning Committee)
6:00 PM – 7:00 PM	Dinner
7:30 PM	High Council

Saturday, October 3, 2014

7:00 AM – 8:00 AM	Breakfast (offsite sessions leave at 7:30—departure information will be posted at breakfast)
8:00 AM – 11:30 AM	Session I Workshop
12:00 AM – 1:00 PM	Lunch (offsite sessions leave at 12:30—departure information will be posted at lunch)
1:30 PM – 5:00 PM	Session II Workshop
5:00 PM – 6:00 PM	Free Time and Snacks
6:00 PM	Dinner
7:00 PM	Evening Activities

Sunday, October 4, 2014

7:00 AM – 8:00 AM	Breakfast
8:00 AM – 11:30 AM	Session III Workshop
11:30 AM – 12:00 PM	Free time for packing and clean-up of campsites and cabins
12:00 PM – 1:00 PM	Lunch - Door Prizes/Final Comments & Farewells from BOW Planning Committee

Extra Activities!

High Council with Chief Quiet Thunder

K-9 Demonstration

Nature Crafts

Kayaking

Firearms Cleaning and Maintenance

Field Trip to the Bethany Beach Nature Center

Time for yourself to explore Camp Barnes and Assawoman Wildlife Area

Courses	Descriptions
Archery	Through recreational target shooting, participants will try out various types of bows and arrows. As you fine tune your skills you will learn how to cluster your arrows and shoot at some unique targets.
Traditional Archery	If you've ever felt drawn to embrace your inner Hawkeye, this course is for you. Participants will learn about basic traditional bows and arrows as well as the equipment that goes along with them. Form, method of release and accuracy will be a focused upon while you practice target shooting.
Amazing Geocaching Race	Geocaching...learn about this popular outdoor activity that combines the mystery of a treasure hunt with the high-tech of GPS satellite navigation in a world-wide game of hide and seek. Easy to learn, Geocaching is an activity that will take you to places rich in natural beauty, unique ecology and unknown history. This course will provide you with the basics needed to find and download geocache data to your GPS, how to read and follow coordinates to the hidden cache, and how to log your find. You will even have the opportunity to hunt and find a series of caches that have been placed on the grounds of Camp Barnes specifically for your caching pleasure.
Are There Natives (Plants) in Your Backyard?	You will learn how to create a backyard habitat using native plants with an emphasis on attracting insects and birds.
Assawoman Bay Boat Tour	Once called Assawoman Sound, Assawoman Bay is located between Ocean City, MD and mainland Delmarva. Participants will be guided through the region of Little Assawoman Bay and learn about tidal water, fishing habitat, and view wildlife.
Birding 101	Take this opportunity to learn to identify birds through behavior, field marks, and habitat while exploring the grounds within the Assawoman Wildlife Area. Take home a complimentary field guide to further your study of birds. Binoculars are recommended but some will be provided.
Crabbing	Join Captain Timmy and learn about shellfish that are recreationally important to the Delaware Bays. Check out prime habitat for the Blue Crab, and try your hand at harvesting some. Program will include instruction on cooking and cleaning and participants will have an opportunity to taste their catch! To participate in this course you must purchase a Delaware Fishing License prior to attending.
Fire Making	Learn the art of making fire without the use of matches. Imagine the impression you will make at your next family gathering when you show people how you can create fire without matches. This skill is sure to be an ice breaker at your next barbeque or at the very least it will secure you a place on the Island if you are on Survivor. Sponsored by Full Circle Awareness Center.
Fish Biology 101	Is a jellyfish really a fish? What about a starfish? Their names sound fishy, but do they have what it takes to be a fish? This class will introduce you to the wide diversity of fishes that call Delaware waters home. We will discuss fish biology, fish behavior, and fish habitat needs. We will finish off fish "school" with a fun art project for you take home—Goytaku (fish printing)
Intro to Fly-Tying and Fly-Fishing	Learn about the basics of fly-tying art and also the sport of fly-fishing all in one course. Participants will learn fly types and their uses will be discussed. You will try your hand at tying your own flies then learn about rods, reels, lines and landing fish. There will be no actual fishing in this class but participants will get lots of practice using a fly rod.
Fly-fishing Expedition (Advanced)	The fishing skills you have learned can now be used at a fishing pond to fly-fish. Take your fishing skills that you have learned and experience fishing at Memorial Pond. Rods will be available or you may bring your own. Participants must take have previous fly-fishing experience or have taken the Introduction to Fly-fishing. To participate in this course you must purchase a Delaware Fishing License prior to attending.
Freshwater Fishing	This will be an introduction to the equipment and skills necessary for the novice to begin to enjoy freshwater fishing. Participants will learn about fish habitat, equipment selection, knot tying and casting. You will then test your newly learned skills while fishing in Memorial Pond! To participate in this course you must purchase a Delaware fishing license prior to attending.
Kayaking	Learn the basics of kayaking in this session. This course will cover paddling skills, trip preparation and safety. At least 2 hours will be spent on the water in Millers Creek.
Outdoor Photography Basics	This course will cover basic operation of digital point-and-shoot SLR cameras, composition, lighting and very basic lighting. We will aspire to take wonderfully composed, in-focus images, including beautiful macro-images by the end of class. Participants should bring their camera and their camera manual. We will go outdoors and practice taking pictures using your new skills.

Courses	Descriptions
Saltwater Fishing	This basic introduction to saltwater tackle and angling skills will help you catch near shore fish species. Following a brief on-shore instruction, participants will board a boat for hands-on fishing in Assawoman Bay. To participate in this course you must purchase a Delaware fishing license prior to attending.
Shotgun–Beginning	Participants will learn firearm safety and clay target shooting techniques through hands-on activities. <i>If you have taken this session in the last 3 years, please do not register again to allow others who have not taken this session before to register.</i>
Surf Fishing	This session will introduce participants to the equipment and skills needed to become a successful salt water angler while enjoying the surf and the sand. Learn responsible catch-n-release and 4WD vehicle operation on Delaware’s beaches. To participate in this course you must purchase a Delaware Fishing License prior to attending.
When Everything Else Goes Wrong	Have you ever planned a day of outdoor recreation only to end up with a flat tire or a dead cell phone? This course will teach you how to safely wait for help. The basics will be covered, you will learn how to build a fire, make a survival first aid kit and you’ll make a Soda Can stove to take home with you.
Whooo’s Living in Your Backyard	Do you want to know who’s living in your backyard? We will talk about how to identify common birds, how to attract birds and how to deal with squirrels. Join us to learn about enhancing backyard habitat, feeders, seed types, and other tools you can use. Take home a simple to make bird house and make homemade suet.
Tree ID	Move over CSI! The Tree Detectives will take over here. Learn the skills necessary to identify trees in both summer and winter conditions. You will become familiar with our towering oxygen producers and construct your own leaf press to take home!
Waterfowl and Waterfowl Hunting	Is it a dabbling duck or a diver? Look at that goose, or was it a swan? Participants will learn about various waterfowl, their behavior and habitats during this hands-on course. Basic waterfowl hunting skills will be taught and you will even grass a duck blind at the end of the course.



Delaware's Becoming An Outdoors-Woman (BOW) 2015



BOW Workshop Participant Name: _____

If you have any special dietary requirements, please feel free to bring your own food, vegetarian options will be available. Any other special needs, that require assistance, please describe below:

LODGING

Primary lodging this year is dormitory-style cabins with electric only. You may pitch a tent on the grounds if you wish. If you own an RV and would prefer or need RV shelter, please note you will need to make arrangements with us for RV reservations. Spacing is limited. You will be assigned a cabin on your arrival and campsites will be shared with other participants. Please cooperate with staff during the registration and housing assignment process. Thank you!

If you do not wish to stay in the youth camps, contact Dawn.Cox@state.de.us for a list of area hotels. Although we will attempt to obtain a group discount on hotel rates, the BOW registration fee does NOT include hotel accommodation fees nor can we adjust the registration fee for those staying in a hotel.

Please assign me to a cabin YES NO

Participant Signature

Date

A note on session registration: Firearms, fly-fishing and archery classes are core components of the BOW program and are very popular every year. In order to give all participants a chance to enjoy these sessions, we ask that if you took any of these classes in 2014, that you register for something different this year. Thank you for your cooperation!

The applicant, by signing below, recognizes that the program involves some risk and that she/he takes responsibility for all action or injury that may result by participating. **The applicant also understands that once the registration payment and forms are received by the Division of Fish & Wildlife, that there are no refunds, but a participant may send someone in their place.**

Participant Signature

Date

Participant Health & Emergency Contact Form

Name: _____

EMERGENCY CONTACT INFORMATION

Primary Contact:

Name _____

Relationship _____

Address _____

Phone number (day) _____ (evening) _____

Secondary Contact:

Name _____

Relationship _____

Address _____

Phone number (day) _____ (evening) _____

PRIMARY CARE PHYSICIAN

Physician's Name: _____

Physician's Address: _____

Physician's Phone number: _____

CONDITIONS THAT MAY AFFECT YOUR PARTICIPATION IN THIS WORKSHOP

Please list any allergies, medical conditions, and/or physical limitations that apply.

MEDICATIONS

List medications the BOW Staff would want to report to trained medical technicians in the event of an emergency.

Please be sure to update the BOW staff upon arrival if there are any changes or additions to the above mentioned.





**DELAWARE DEPARTMENT OF NATURAL RESOURCES &
ENVIRONMENTAL CONTROL
DIVISION OF FISH & WILDLIFE**



**UNIFORM STATEMENT OF RESPONSIBILITY,
RELEASE AND AUTHORIZATION
TO PARTICIPATE IN
DELAWARE BECOMING AN OUTDOORS-WOMAN® PROGRAM**

Whereas, I desire to participate in the Becoming an Outdoors-Woman Program sponsored by the Delaware Division of Fish & Wildlife (DNREC), and the Division has approved my participation in the program during the period of October 2—4, 2015, I hereby agree as follows:

- I assume full legal and financial responsibility for my participation in the program;
- I grant the Division, its employees, agents and representatives the authority to act in any attempt to safeguard and preserve my health or safety during my participation in the Program including authorizing medical treatment on my behalf and at my expense;
- I understand that the activities performed throughout the Program can be vigorous and require variable fitness levels. I attest and verify that I am physically fit to participate in the various activities offered through the Program. A medical examination and/or physician's approval is encouraged prior to starting any exercise/activity program.
- Accident and health insurance are recommended for my participation in the Program and the Division encourages me to have appropriate insurance coverage for the specified time period. I understand that the Division is not responsible for injuries or health problems that may occur while participating in the Program or using any of the equipment.
- I agree to conform to all applicable policies, rules, regulations and standards of conduct as established by the Division;
- I understand and agree that my participation in the Program may be terminated by the Division with no refund of fees if I fail to maintain acceptable standards of conduct as established by the Division;
- I understand and agree that the Division may make changes to the Program at any time and for any reason, with or without notice, and that the Division shall not be liable for any loss whatsoever to Program participants as a result of such changes;
- I voluntarily indemnify and hold harmless the Division of Fish & Wildlife, its staff, its volunteers, employees, and agents from any and all liability, loss, damages, costs, or expenses (including attorney fees) arising out of my participation in the Program and which do not arise out of the negligent acts or omissions of an officer, employee, or agent of the Division while acting within the scope of their employment or agency;
- I acknowledge that I have read this document and understand and accept its terms.

Participants Signature

Date

(Return pages 2 & 3 and 7-9)